

Lehi Legacy Center

123 N Center St. 801-768-7124

www.lehi-ut.gov

LEHI LEGACY CENTER LIFEGUARD TRAINING May 2010

Become American Red Cross Lifeguard Certified!

Do you want to become a lifeguard? Come sign up to take the course. Course pre-requisites include: individuals must be 15 years old by last date of class; swim 300 yards continuously using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick; 100 yards breaststroke; 100 yards of front crawl using rhythmic breathing and/or breaststroke.

The last 100 yards may be mixture of front crawl or breaststroke, dive a depth of 7-10 feet, retrieve a 10 pound object and return it to the surface, and swim 20 yards back to the starting point, must be done with in 1 min and 40 seconds. Certification of First Aid, AED and CPR included in course.

CLASS

May 24, 25, 26, 28, 29, June 1





***QUICK FACTS**

What Lifeguard Training
Where Lehi Legacy Center Pool

Who Anyone 15yrs or Older

When May 24, 25 (5:00-9:00pm)

May 26, 28 (3:00-7:00pm) May 29, June 1 (9:00am-5:00pm)

REGISTRATION

Class space is limited, sign up now!

Registration Office open Mon-Fri 8am-6pm or on-line @www.lehi-ut.gov

INFORMATION

For more information contact Legacy front desk @ 801-768-7124